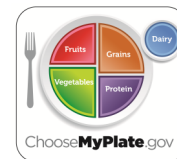


## Cereal, Oat Circles, Ready-To-Eat, Dry

MyPlate Food Group: **Grain**



### Product Description

- Oat circles are made with 100% whole grain oats and fortified with vitamins and minerals.

### Storage

- Store unopened boxes of oat circles in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.

### Uses and Tips

- Top oat circles with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- Use oat circles as a healthy afternoon snack.
- Oat circles can be used in many recipes calling for dry, ready-to-eat cereal.

### Nutrition Information

- 1 cup of oat circles counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

Serving size: 1 cup (28g) oat circles cereal

### Amount Per Serving

**Calories** 100      **Calories from Fat** 10

### -% Daily Value\*

<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 15%	Vitamin C 8%
Calcium 10%	Iron 50%

\*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## Sweet & Salty Trail Mix

Makes about 10 servings

### Ingredients

- 1 ½ cups oat circles cereal
- 1 ½ cups corn squares cereal
- ½ cup whole almonds, chopped
- ½ cup raisins
- ½ cup small pretzels
- ½ cup chocolate chips

### Directions

1. Mix all ingredients in a large bowl.
2. Store in an airtight container or re-sealable plastic bag.

### Tip

Trail mix can be eaten as a quick and easy snack. Or, try spooning some of the trail mix into your favorite yogurt as a light meal or easy breakfast.

*Recipe adapted from Recipezaar.com*

## Banana Oat Muffins

Makes about 12 servings

### Ingredients

- 2 cups oat circles cereal, crushed
- Nonstick cooking spray
- 1 ¼ cups flour
- ½ cup packed brown sugar (or ⅓ cup regular sugar)
- 1 teaspoon baking powder
- ¾ teaspoon baking soda
- 2-3 medium ripe bananas, mashed
- ⅔ cup 1% milk
- 3 tablespoons vegetable oil
- 1 egg

### Directions

1. Preheat oven to 400 degrees F.
2. Spray 12 regular-sized muffin cups with nonstick cooking spray, or line cups with paper muffin cup liners.
3. Mix cereal, flour, brown sugar, baking powder, and baking soda in a large bowl.
4. Add bananas, milk, oil, and egg.
5. Stir just until moistened.
6. Divide batter among 12 muffin cups.
7. Bake 18 to 22 minutes until golden brown.

*Recipe adapted from General Mills*